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VIRTUAL REALITY OR DANGEROUS ENTERTAINMENT?

***Abstract.** Both adults and children love virtual games. Completely new opportunities, impressive scenarios, exciting emotions, a dose of adrenaline and full immersion in the virtual world leave no one indifferent.*

***Keywords:** Virtual reality, games, children, effect.*

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ВИРТУАЛЬНАЯ РЕАЛЬНОСТЬ ИЛИ ОПАСНОЕ РАЗВЛЕЧЕНИЕ?

***Аннотация.** Виртуальные игры полюбились как взрослым людям, так детям. Это совершенно новые возможности, впечатляющие сценарии, захватывающие эмоции, порция адреналина и полное погружение в виртуальный мир – все это никого не оставляет равнодушным.*

***Ключевые слова:** Виртуальная реальность, игры, дети, влияние.*

When adults admire excellent graphics, clearly reproduced details, wide functionality of the equipment, then children simply say: «More, more». Their youthful minds are impressed by the colourfulness of what is happening.

At the same time, they simply cannot explain specifically why they want to play over and over again. Parents, in their turn, are concerned about how safe such events are for health and whether they have a bad effect on the perception of reality and the psyche of a child.

In fact, any virtual game is a project that has been worked on for quite a long time. At the same time, the developers take into account all possible factors of influence on the human psyche and his health: numerous equipment tests are carried out, the results are carefully analysed, the information components of the issue are improved.

As a result, the world's geniuses managed to create a system that has an extremely positive impact on the people participating in the game. Many believe that virtual games can have a negative effect on children's vision and contribute to the development of various visual pathologies such as myopia and hyperopia [2].

VR games do not cause even minimal harm to health, even reading an ordinary book has a much stronger effect on vision than the presence of a child in the game. During prolonged reading, the focus of sight is focused on a specific real point.

However, such assumptions do not have any supporting facts. In a game, everything that happens around is unrealistic - the image does not increase eye strain, but on the contrary, allows the eyes to relax and just enjoy what they see.

The modern entertainment industry offers an incredible variety of all kinds of fun for kids.

But the demand for VR games is growing more and more every day. What's the secret? It's simple - in play, a child can do things that cannot be demonstrated in life. In virtual reality, he can be anyone: a hero, explorer, conqueror of new lands, conqueror of the galaxy, and part of the family of a favorite character [1].

Children dreamed of time travel many years ago and they dream today. True, modern children now have such an opportunity - specially equipped rooms, helmets

and other ammunition are thought out to the smallest detail. In the last century? Please fasten your seat belts. A few minutes and here they are - the streets of the last century, unusual residents, their own customs.

By the way, this is how you can instill in your child a love of history, giving him the opportunity to walk along medieval streets, become a participant in battles, get acquainted with the life of poets and learn all the secrets of famous families.

To make the process of studying history even more interesting, game participants complete special missions, find artifacts, solve riddles and build real strategies. Military campaigns, both land and water, are accompanied by impressive landscapes and wonderful music - here everyone can show not only ingenuity and endurance, but also show their character, reveal some hidden potential [3].

New knowledge is always good, especially if children get it with pleasure. However, virtual games contribute not only to the enhancement of knowledge. Playing virtual games, a child does not only enhance his knowledge base, but also develops other skills and abilities.

- ✓ Thinking skills can be developed, as it needs to think over each of its subsequent moves;
- ✓ The level of responsibility increases when a child plays in a team, because the fate of other players depends on it;
- ✓ Logic and ability - to find solutions in difficult situations;
- ✓ Communication skills are improved;
- ✓ The speed of reaction to the events increases, because in virtual reality all actions occur at a higher speed than in real life;
- ✓ A child expands his horizons due to events he had not heard before;
- ✓ Dexterity of movements increases. It is so necessary when a player performs missions of various difficulties.

These are just a few of the benefits of visiting a virtual reality center. Each child finds something of his own in the game, looks at various situations from his point of view, is motivated, develops and strives for new victories, researches and discoveries.

The main thing is not to interfere with him trying to reveal his potential and achieve his goals [4].

Often, the visitors of virtual reality centers are preoccupied with questions regarding the age limit for a particular game. Of course, it is not advisable to allow children under 12 years of age to play - this need is not due to the fact that such entertainments are harmful to kids. Sometimes what happens in virtual reality is so impressive that a person's breath is taken away. It is not known how the child will react to this; he will suddenly be frightened or confused in his own actions, as a result of which he will receive negative emotions. Therefore, it is recommended to visit a virtual reality center with children who can fully control their actions and follow the development of the plot, follow the rules of the game and accept any outcome.

It is also required to indicate age limits in accordance with safety requirements, since not every child understands how important it is to do only what can be done. There are times when children unknowingly break machinery and equipment, harming the company. But this is not the most important thing either. In a situation where babies are trying to twist, tear or taste something, the result can be completely unexpected and even tragic [3].

Fortunately, many parents understand the difficulty of controlling a small child during special effects and unusual actions. Therefore, the main audience of fans and participants of virtual games is over 12 years old.

For full development, the child needs to constantly contact with the outside world. Such contact includes communication with peers and parents, educational games, exploration of the home and nature, and the search for new sounds. Thanks to these actions, the child receives emotional impressions, because he passes every movement through himself. He ponders every information he receives and stores it in his mind.

Virtual reality can provide an immersive experience like no other technology. VR is not abstract information that a child needs to remember, but a full-fledged visual

experience that makes it easier for many to learn. The main thing is to know when to stop and choose the right game product.

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